

## Child Care Health Consultation Lesson Plan

**Contractor Name:** CCHC Program

**Date Submitted:** May 29, 2015

☐ **Children's Health Promotion**

**Adult Training on  
Content Area V:  
Health and Safety**

**Select one  
standard and one  
level**

### Health and Safety Standards

- ☐ Promoting Risk Management Practices
- ☐ Protecting Children and Youth
- ☒ Promoting Physical Health
- ☐ Promoting Mental Health
- ☐ Promoting Healthy Eating

### Training Levels

☐ 1   ☒ 2   ☐ 3   ☐ 4   ☐ 5

**Source:**  
Core Competencies for Early  
Childhood and Youth Development  
Professionals  
(Kansas and Missouri), 2011

**Title:** 12345 FitTastic Message #4– Drink Water and Avoid Sugared Beverages

**Training Goal:** Child care providers will recognize the importance of making plenty of drinking water available for children and avoiding serving sugared beverages

**Learning Objective(s):** Participants will

- Acquire ability to identify what constitutes a sugary beverages
- Discover the benefits of increased water toward maintaining a healthy weight

Topical Outline of Content	Training Method(s)	Time (in minutes)
NOTE TO TRAINER: All supporting training documents (activities, quizzes, powerpoint slides, handouts), & evaluations can be accessed and downloaded at: <a href="http://fittastic.org">http://fittastic.org</a>		
Introduction- Review the Learning Objectives	Intro	5 min
<b>Objective 1:</b> -Review: Fit-Tastic Healthy Lifestyles Quiz results on water and beverage consumption	Discussion	5 min
<b>Objective 2:</b> Learn about the benefits of water and how much you actually need: -Review handout: <i>4 Serving of Water Not Sugary Drinks</i> ; -Review handout: <i>How Much Do I Need?</i>	Handout; lecture/discussion	10 min
<b>Objective 3:</b> Identify and make a list of beverages that would be considered sugary drinks. Learn about the calorie and sugar content of these beverages. -Review handout: <i>Instead of Sugary Drinks</i> ; -Review handout: <i>What's in Your Cup?</i>	Lecture/discussion; handout	15 min
<b>Objective 4:</b> -Activity: Calculate your calorie and sugar consumption and weight gain based on the servings of soda you consume in a day. Review <i>How Much Do I Need?</i> diagram and compare/evaluate your results. -Reminder of tips and facts for increasing water consumption and reducing sugary beverage intake -Wrap-up/ Q&A/ evaluation	Group activity; handout; discussion  Q & A, evaluations	15 min 5 min  5 min
<b>Total training time:</b> 1.0 clock hours		1 hour

**Methods of outcome evaluation:** - Identify small changes in beverage consumption to reduce weight gain and improve health. Participation in group activities, Q & A, evaluation

### FOR MISSOURI DEPARTMENT OF HEALTH & SENIOR SERVICES USE ONLY

**Date Approved:**  
May 29, 2015

**Authorized Approval Signature:**



**Date Expires:**  
May, 2018